



## Change Your Environment

What areas of your life need a redo or refresh to support you feeling worthy?

Here are some simple places to start:

- Organize your closet so it feels calming and luxurious. Get rid of clothes that don't feel amazing on you. Replace basic items in your current size. Sign up for a subscription rental service for fun clothes in your size.
- Clean your car and organize it to have all your needs met. This includes your purse so you have your basic needs easy to reach.
- Create a space that feels sacred and calming to you in your home. A place you can go to read, be alone, sit in silence, or journal.
- Clear the clutter in your kitchen. Create a meal planning space to organize food options that taste good and feel good. Have essentials for simple luxury at meals like fresh herbs, cloth napkins, beautiful plates, fun tea cups, funky glasses, freeze fruit in ice cubes, or get fresh flowers for table.
- Unfollow and unsubscribe to social media and emails that make you feel less than. Fill your feed with positive, inspiring images of body diversity.
- Join a club, group, or class to surround yourself with like-minded people aligned with your vision. Join facebook groups with same types of people. Share your dreams with people who encourage and lift you up.
- Take responsibility for the energy you bring. Ask yourself how you can bring the energy and feelings you want others to bring.